

# Education State Ambition: Happy, healthy and resilient kids

Building resilience and increasing physical activity in our kids and young people

**The Victorian Government recognises that the healthy development of our students helps drive the future prosperity of our State.**

## WHY IS THIS IMPORTANT?

Building personal resilience benefits students both within school and through the rest of their lives. By focusing on building high resilience students are equipped with skills and strategies to tackle current and future challenges.

Physical activity is vital for increased health and fitness, developing coordination and motor skills, and has a positive effect on general wellbeing including mental health and social development.

## HOW WILL THESE TARGETS BE MEASURED? PHYSICAL ACTIVITY

**By 2025, the proportion of students doing physical activity for an hour a day, five times a week, will grow by 20 per cent.**

Participation in physical activity is measured using the Victorian Student Health and Wellbeing Survey (VSHAWS).

## RESILIENCE

**By 2025, Victorian students reporting high resilience will grow by 20 per cent.**

Resilience is measured using the VSHAWS.

*"It's really amazing to see some of the things the sport academy kids can do in terms of already being very, very busy with sport but also doing terrifically well in the VCE, being involved in school productions and all those other kinds of things that make this school a very rich place to be."*

**Nick Scott, Principal  
Maribyrnong College**

## EDUCATION STATE INITIATIVES

The Education State funding boost means schools can provide additional programs and resources to meet the needs of their students.

Over four years, key initiatives are in place to support the achievement of this target including:

### Breakfast Clubs

The aim of the School Breakfast Clubs Program is to establish breakfast clubs in disadvantaged primary schools to offer a healthy breakfast for students who may otherwise arrive at school hungry.

### Camps, Sport and Excursions Fund

The Camps, Sports and Excursions Fund commenced in 2015 for four years and provides payments for eligible students to attend camps, sports and excursions so that all Victorian students can take part in school trips and sporting activities.

### Framework for Improving Student Outcomes

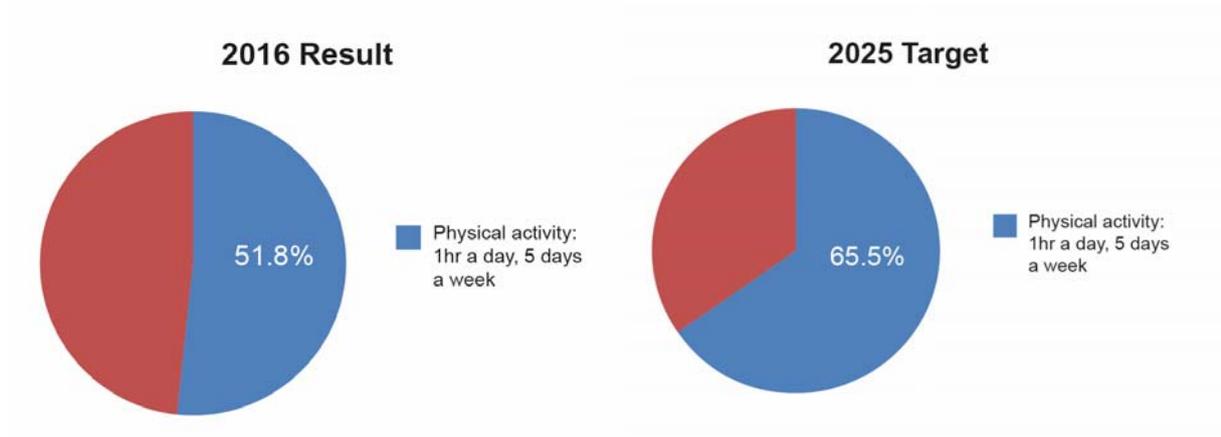
The Framework for Improving Student Outcomes uses the latest research on student learning and global best-practice to assist schools to focus their efforts on key areas that are known to have the greatest impact on school improvement. This Framework will allow schools to make improvements based on the needs of their students, school and local community.

*"We teach children that it's okay to feel sad or mad, but it's not okay to stay there. Being able to articulate how one is feeling can help stem some negative behaviours later on in life."*

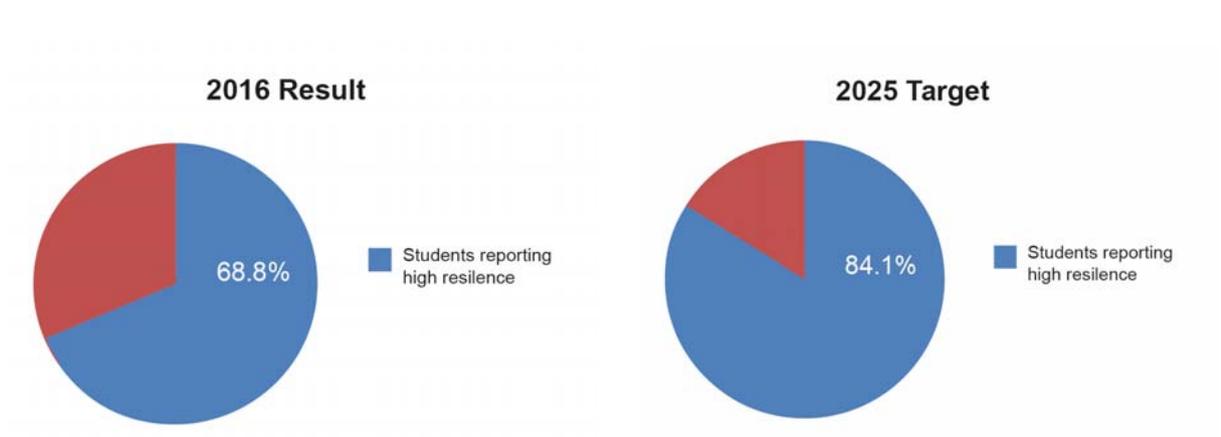
**Saraid Doherty, Principal,  
Parkmore Primary School**

## HOW HAS VICTORIA PERFORMED IN THE FIRST YEAR OF EDUCATION STATE?

### PHYSICAL ACTIVITY



### RESILIENCE



### MORE INFORMATION

For more information about Education State targets and to view the work that is being achieved in schools in the first twelve months, visit [www.education.vic.gov.au](http://www.education.vic.gov.au)